

From: [Jessica Romeo](#)
To: [All Alameda Mailboxes](#)
Subject: Mental Health Resources
Date: Tuesday, June 2, 2020 2:21:21 PM
Attachments: [COVID-19 and Living in Uncertain World MHN.PDF](#),
[Coping with a Traumatic Event CSAC.PDF](#)

Good Afternoon,

For many of us 2020 has been difficult. For others of us, the events that have taken place over the last months and days have highlighted emotional struggles and issues that we have carried for much longer. If you or are struggling to cope with these difficult times, or are in particular emotional distress, please reach out.

The City's EAP program is available with phone based counseling. You can access services at 800-424-6220 or members.mhn.com, with access code **alameda. *Services are available for everyone in your household and are confidential.***

Other free resources include:

- **Disaster Distress Hotline:** 800-985-5990 (for those in emotional distress related to any disaster)
- **National Suicide Prevention Hotline:** 800-273-8255 or <https://suicidepreventionlifeline.org/>
- **National Domestic Violence Hotline:** 800-799-7233 or <https://www.thehotline.org/>
- **Substance Abuse and Mental Health Disorder Hotline:** 800-662-4357 or <https://www.samhsa.gov/find-help/national-helpline>
- **CDC website on coping with stress:** <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

Thank you,

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Please note that Human Resources is closed on Fridays.

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